

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjLkZq7xOnOAhWD4SYKHdLBB8YQjRwIBw&url=http://www.myrecipes.com/recipe/mediterranean-couscous-0&bvm=bv.131286987,d.cGc&psig=AFQjCNE8U7NZQJUbb91BSn4UjL5rg-NUrg&ust=1472660076542777)**Mediterranean Couscous**

**4 SERVINGS (3/4 cup per serving)**

Nutrition Facts per Serving:

Calories: 230 Protein (g): 8

Fat (g): 4 Carbohydrate (g): 42

# Ingredients:

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| --- | --- |
| 1 cup | Whole wheat couscous |
| 1 cup | Chicken or vegetable broth |
| 1 | Red bell pepper, diced |
| 1 | Zucchini, diced |
| ½ | Yellow onion, diced |
| 2 | Garlic cloves, minced |
| ½ tbsp. | Olive oil |
| 1 tsp. | Garlic powder |
| 1 tsp. | Paprika |
| ½ tsp. | Thyme |
| ½ tsp. | Salt |
| ½ tsp. | White pepper |
| 1 tbsp. | Freshly squeezed lemon juice |
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**Instructions:**

1. Preheat oven to 350°F.
2. Cook couscous according to package directions, using broth rather than water.
3. Heat olive oil in a frying pan. Add and sauté onion, bell pepper, zucchini, and garlic for 5 minutes.
4. Mix all vegetables and spices together except the lemon juice. Place in a casserole dish and bake for 30 minutes or until slightly browned.
5. Sprinkle with lemon juice and serve.